

Never Been Happier About Falling



Ok, being the Nut that I am, I went for a walk yesterday. I don't like driving on ice so, I decided to walk. I left my house yesterday and walked up to the Bank of America on Pioneer and then the convenience store and back to the house. I had no problems walking; a little slipping and sliding, cold nose, that was about it. Well, until I came out of the Texaco on the corner of Pioneer and Collins. They have a step-up walk way around the store like most do, but on one corner it's slightly down hill. I came out with a bag and was messing with it when I hit the marbles (what I call ice that is slicker than normal ice), both feet went flying. You would have thought I jumped off a building or something by how fast feet were facing the sky and me flat on the ground. I got up laughing and high fiving myself. I was so amazed that I fell correctly, it was all instinct, just like the beginning of class every class. When I thought about it, and broke it down, and slowed it down in my head, as soon as I felt my feet slip I sat down, tucked my chin, and slapped the ground. It was awesome!

My head did not hit the concrete. I am a little stiff in lower back because of the angle and speed at which I fell. I did not get the perfect rocking chair motion, but compared to what could have happened I am ok with a little stiff back. Another example of Chayon-Ryu working when applied.

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